

Free Map

HELLO! HUA-HIN

Volume 6 Dec - Jan 2005

What-When-Where? It's all here



Close-Up Side Trips 6



Do you need transportation?
Car & MoterBike 8

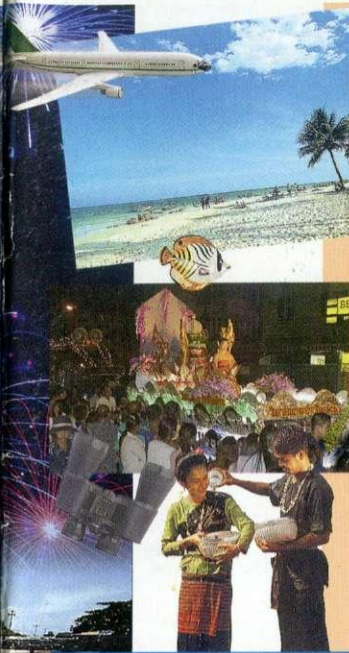
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Heidi's
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Manora Property Market
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For Accommodation.....Look on the Map Page



WHAT'S NEW 2

High Spirit of Adventure

Whoever lives in the Hua Hin and Cha Am, area is well aware of the fact that we are blessed with splendid nature reservations and National Parks. But unfortunately very few amongst us realize the full potential and the easiness in accessing those wildlife sanctuaries! There is so much more to the jungle than just a mundane ride through the National Parks on board of a safari jeep! There is a whole world of discoveries and challenging experiences waiting to unfold right before your eyes.

A few months back, Kaeng Krachan National Park was the host of a very special team coming over for a definite mission. They experienced the very essence of this jungle "Bliss"! And then, hosting them once more, Kaeng Krachan was the spinning wheel for their second mission two months ago, since they'd had such a great time on their first visit.

This very special team is the Singapore Police Force "SPF", no one in the area could have been better suited for the challenge to provide them with a complete training program in the jungle for 15 days, than the H.A.T team. This small family company yet very professional and efficient, is "the"

local Jungle-Adventure expert. These high rank Singaporean Officers and Trainees got much more than what they had bargained for and were positively surprised! They spent 15 days in the great

Kaeng Krachan National Park undergoing a very personalized designed program sketched and polished up by H.A.T organizing team. H.A.T team designed such an unusual program taking the SPF where almost nobody had ventured before, unknown even to some of the locals. Using the Pala U Ban Suan Camp as a base camp for the looping and re-supply purpose,

Continued P. 8

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Shopping

Shopping guide in Hua Hin

Please feel free to ask for a proper discount when shopping in places where prices are not marked.

A huge variety of dried fish, dried shrimp, dried squid products, Trinkets, Shells products, The printed cotton fabric called Khommaphat, long famous for its wide range of traditional cotton fabrics and goods, rich in colour and design.

If you want to know how they are prepared, pop into the small factory at the back to watch them at work at Phetkasem road nearby Baan Kachathong House, woman accessories and house wares made of coconut, Hua Hin Batic, Handmade and handicraft products of Pineapple Paper Handmade Pineapple Paper in Pranburi. Visit to factory, South off Pranburi, at km 263 turn back (U-turn) and turn left before the walking bridge, after 4.2 km you will see on the right side the factory and a big house, to take a look at how waste pineapple leaves are used in the production of hand made paper. Started as part of Thailand's One Village One Product initiative, a project from HM King Bhumibol, Pineapple Paper 2001 has customers both in Thailand and abroad. With Pranburi being the main center for Pineapples, historically their leaves were treated as a waste product of

Continued P. 8

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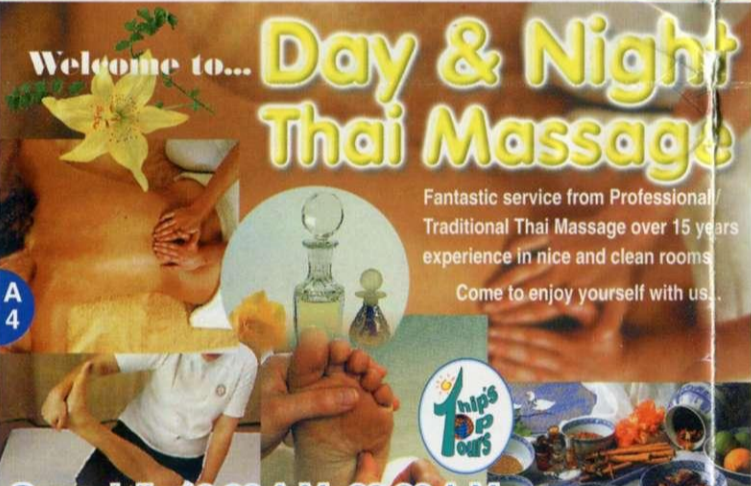
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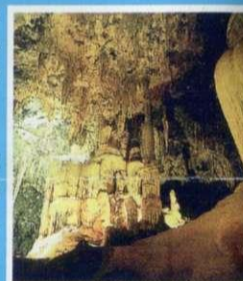
From P.6 Close-up Side Trips

- Phetburi river
- Other place to visit.
- Khao Yoi Cave
- Khao Eko
- Leam PakBear
- Leam Luang Cape
- Chao Samran Beach
- PukTian Beach
- Petch Beach
- Klong Thian Beach
- Cha-am Beach
- Huay Sai Tai Wildlife Breeding Centre



PRACHUAB KHIRIKHAN lies 90 kms. south of Hua Hin. The most ritualism is THE CITY PILLAR situated at the Koa Luk rd. The pillar is very beautiful, on the top is prapromh which has 4 faces. And the most prominent landmark is a beachside hill-ock name KHAO CHONG KRA CHOK (Mirror mountain) which supports a buddhist shrine on the top. When you are on the top you can see the bay & town. PRACHUAB BAY the beach is

curve & beautiful. Tourists always come to watch the sunrise in the early morning time for the view is very fantastic. MANAO BAY which ahead from Prachuab bay in the Air Force 53. The beach is clean with clear water around with many trees can come to relax & swim. NATIONAL PARK SAM ROI YOD drive south to PRANBURI in the National Park, passing through pineapple plantations & sugar-cane to an unspoiled fishing village (Ban Bang Pu) Proceed by a simple fishing boat to a quiet beach. PHRAYANAKORN CAVE a beautiful "Sala" erected by King Rama V. Sensible walking shoe are essential. Also SAI & KAEW CAVE situated at the same park. This ancient caverns have petrified waterfall, monstrous limestone domes with dange stone tentacles. PA KLANG AOW National Forest The National forest is full of many kinds of tree species. Just only 2 kms. from Amphuer Bangsaparn, close to the sea. There is a lot big suitable for camping.



Thai Currency

A baht is divided into 100 satang. Coins and notes acurrently are in use as follows:
Coins: 25 and 50 Satang; 1, 5 and 10 baht.
Banknote: 20 (green), 50 (blue), 100 (red), 500 (purple), 1000 (brown and green)



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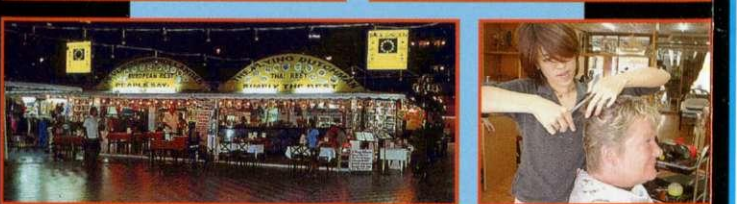
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When you come to Hua-Hin, we suggest you taste the following dishes.

KHAO NIAOW MA-MUANG
Steamed sticky rice topped with coconut milk cream eaten with mango. Thai people call Khao neao ma-mong is a typical Thai dish. It's a delicious. Mango is a sweet flavour fruit. When it's mango season (March until May) in Thailand, the thinly sliced mangoes melt in your mouth, the sticky rice adds a bit of chewiness, and the coconut milk soaks it all in richness. A bit of chilli sugar is added for that extra bit of piquancy.

SALADS are a popular dish enjoyed by all levels of society.

Salad are eaten with steamed or sticky rice, which helps soothe the palate if the salad is particularly spicy.

Yam Woon Sen Salad made with warm glass noodles and a number of different meats and seafood known as Yam Woon Sen, Soak the glass noodles in hot water until soft. Drain and cut into short lengths. Combine the soya bean sauce with the lime juice, sugar. Add the sliced shallots and spring onions and stir again before serving.

Tasty Cuisine

You have tasted on Naresdamri rd. at Meekaruna restaurant, Naresdamri restaurant, Ketsarin Seafood, Blue Elephant Terrace, Pizza Corner, Lo Stivale, Willy's Station, Heidi's, Sweden Restaurant on Poolsuk rd. and on Phetkasem rd. at Satukan Square. It's very delicious & reasonable prices.



SOM TAM In spicy fruit salads, especially mango and papaya that are still green to impart a crunchy and slightly sour taste.

They range from the humble green papaya salad called Som Tam. Place the garlic and chillies in a clay mortar and pound them lightly with a wooden pestle to bruise them slightly. Add the papaya, tomatoes, string beans, shrimp and peanuts to the mortar. Pound until the ingredients are lightly bruised. Then add the lime juice, fish sauce and palm sugar to the mortar. Continue to pound and mix with a spoon until the palm sugar has dissolved. Serve with fresh vegetables such as cabbage, string beans and water spinach.

MOO SATAY is sliced pork mixed with spices such as fennel before coconut cream is added. The fragrant pieces are then grilled before being spread a second time with coconut cream. The pork is delicious when eaten with a satay sauce of mixed cream and peanuts. A-chade sauce is a mixture of sliced cucumber, onion and chillies covered with vinegar. For those preferring the less spicy, this dish can be ordered without the sliced chillies and eaten with toast.



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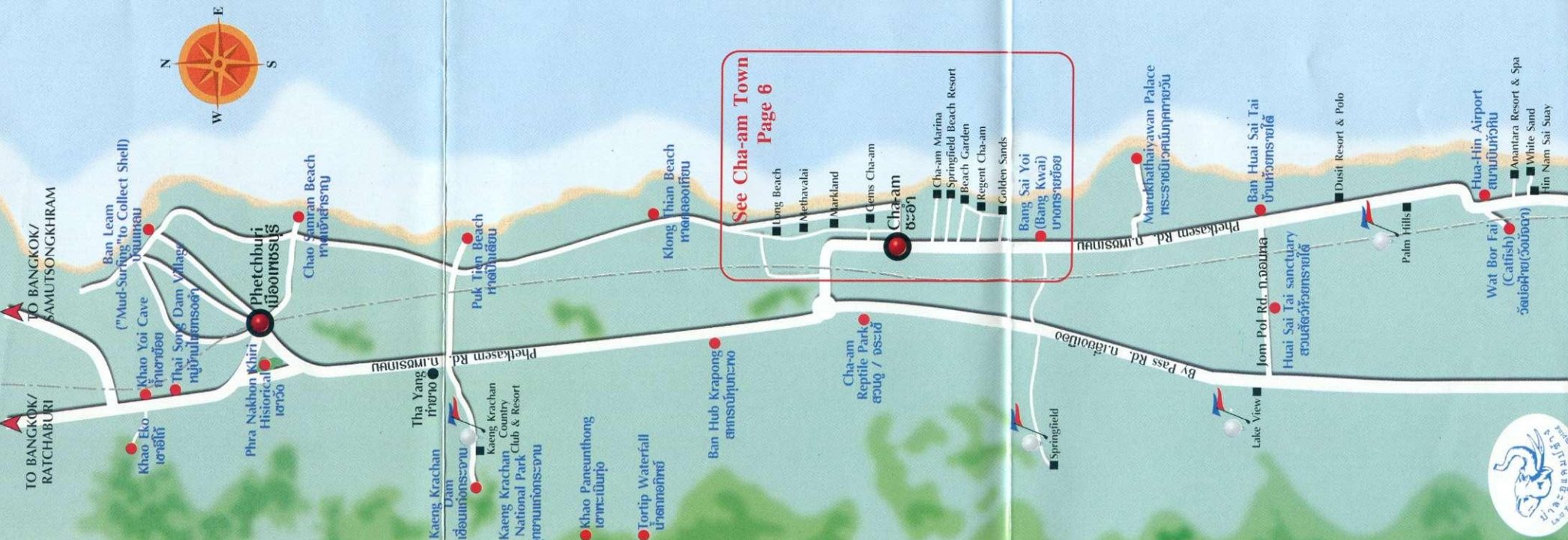
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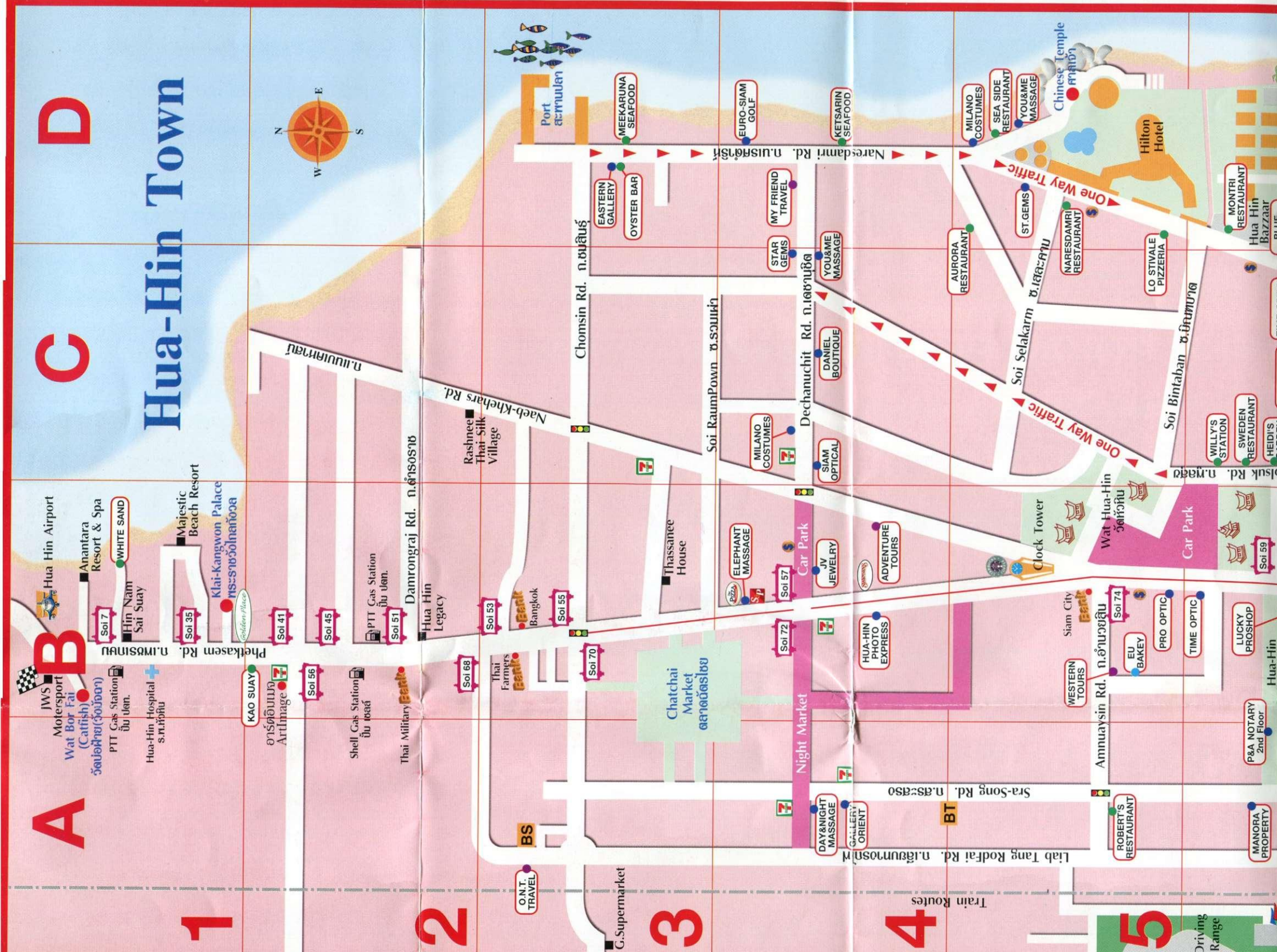
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Map of the Andaman Sea region showing islands and coastal towns. The map includes labels for islands like Lamra Island, Khao Thongchai, Ban Krud Beach, Ba Thong Laeng Bay, Maekum Peung Bay, Khao Mar Rong Cave, Taru Island, Bang Boid Beach, and Bang Saphan Noi. It also shows coastal towns like Sai Khu, Bang Saphan Noi, Khao Mar Rong Cave, and Bang Boid Beach. A red arrow points towards Chumphon. The map is oriented with North at the top.

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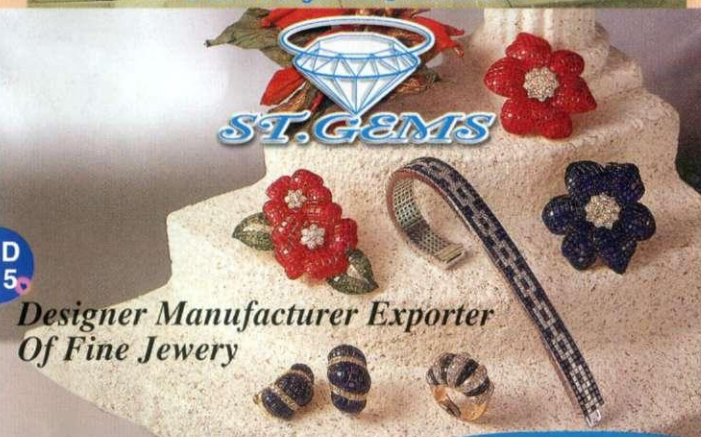


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Petchaburi is a charming cultural and historical town interest make it a marvellous complement to the natural delights of the seaside, sitting astride the main road to southern Thailand. And have many temples, some of the best examples of ayutthayan mural paintings can be found here to visit.

- Wat Mahathat
- Wat Kampaeng Laeng
- Wat Yai Suwannaram
- Wat Ko Kaew Sutharam
- Wat Plab Plachai
- Wat Phra Nawn
- Khao Luang Cave

Have the glorious palace are breath-taking palace.

- Phra Nakhon Khiri palace on Khao Wang, now a national museum on a hilltop on the edge of the town

- Phram Rachanivet Originally called Ban Puen Palace (rainy season palace)
- Phra Ratchaniwet Marukhathaiyawan built of golden teak (summer palace) near Cha-am

Other cultural attractions offer a wealth of sightseeing.
- Thai Song Dam Village, highlighting their distinctive way of life, music and dance.

- Ban Laem, where villagers "surf" across the mud flats on long wooden boards to collect the shells by hand.
- The largest evergreen forest (highlight and tourist attractions)
- Kaeng Krachan National Park, it is an absolute paradise for naturalists and hikers.

- Lake or Kaeng Krachan Reservoir
- Khao Panoen Thung
- Thohthip waterfall
- Tharn Thip waterfall



Close-up Side Trips

HUA HIN & CHA-AM

Less than four hours by road or rail from Bangkok, Hua Hin with its 3 kms. long white sand beach and small fishing village has long had an air of exclusivity thanks to favouritism by Thai royalty and Bangkok's wealthy elite. The area retains more of a Thai family ambience than other touristy destinations. The weekend getaway of Cha-am is a lovely long stretch of beach that has become popular with youthful groups of Bangkokians. Around 40 kms. from Petchaburi, the resort is extremely peaceful during weekdays, with plenty of delicious seafood to choose from.



USEFUL CALLS CHA-AM

Bus Terminal Tel. 032-471615, 471654

Cha-am Hospital Tel. 032-471007-9

Cha-am Municipality Tel. 032-471123-4

Police Station Tel. 032-471321, 471323

Post Office Tel. 032-471252, 472381

Railway Station Tel. 032-471159

Tourism Authority Tel. 032-471005, 471502

Ban Samaw Riang or Ban Laem Hin

(Stony Point Village) the place was a remote fishing village by a rocky headland. Afterwards Prince Nares, a son of (Rama V) built a holiday palace at the beach and introduced the name Hua Hin, meaning Stone Head. Hua Hin is oldest smaller sea-side holiday town.

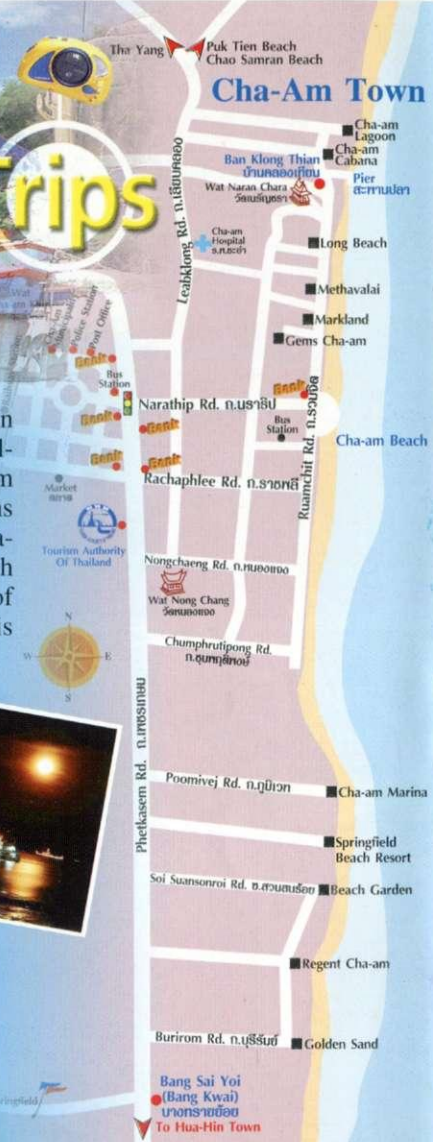
Where's the tourist attractions.

- Klai Kangwon palace (now closed, the king in residence.)
- Hua Hin beach (About 6 kms southwards between Hilton Hotel and Khao Takiab (Chopstick Hill))
- Khao Takiab (vantage point, standing buddha & monkey feeding) & Khao Krilas (catfish feeding)
- Suan son beach (sea pine tree garden)
- Singh Toe Island (the coast of suan son beach)
- Khao Tao & sai noi beach
- Phra Phrom shrine (on Khao Mahachai hillock)
- Khao Hin Lek Fai (view point & Tropical garden)
- Elephant village (Wat Etisukatow & Hua Na Village)
- Pala U waterfall
- The Royal waiting room (Railway station)
- Wat Bor Fai (catfish feeding)

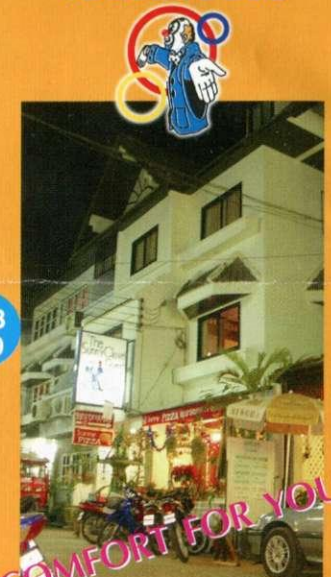
Many markets to see

- Chat Chai day market (Walking bridge)
- Fish market at fishing port (Early in the morning)
- Souvenir bazaar at near Sofitel Hotel
- Night market at Dechanuchit rd. (everyday 5 pm. till late)

- Weekend market at Grand Hotel & Plaza (Wed. till Sunday)



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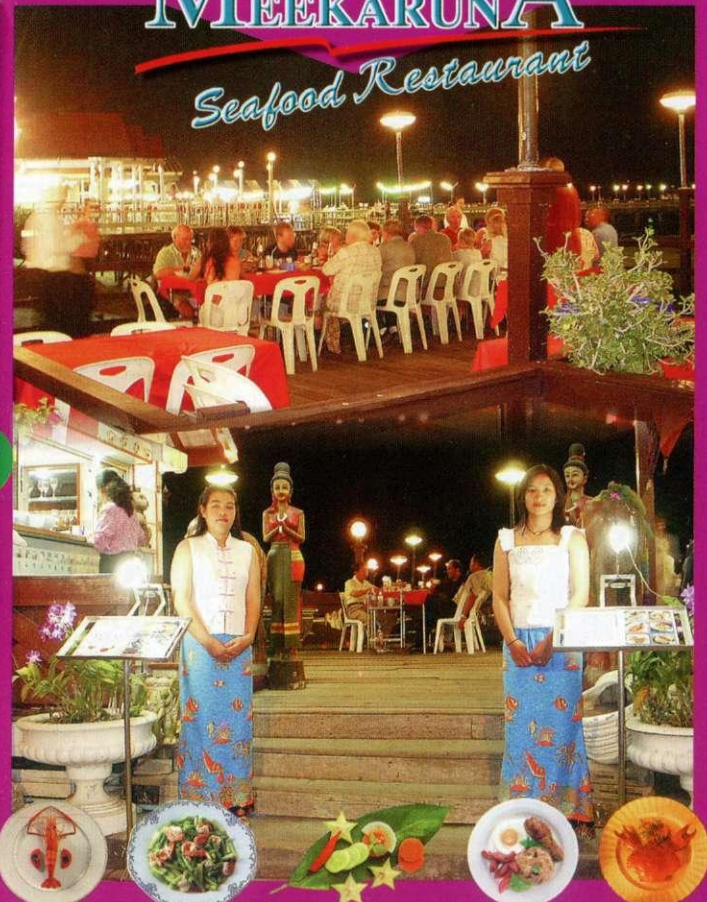
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Continued P. 2

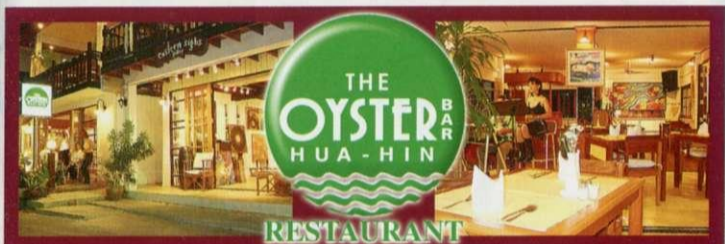
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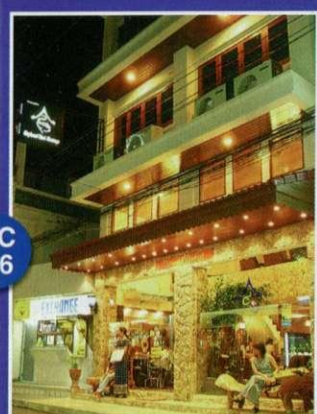
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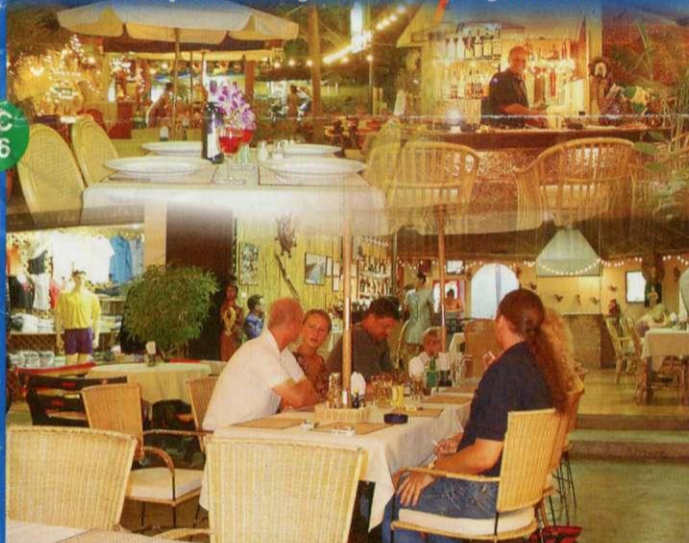


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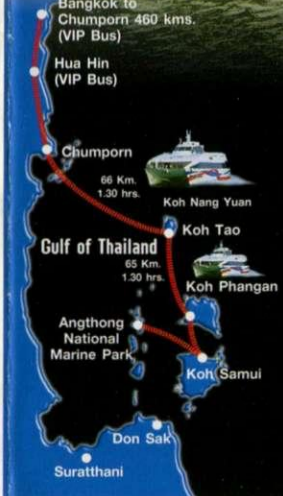


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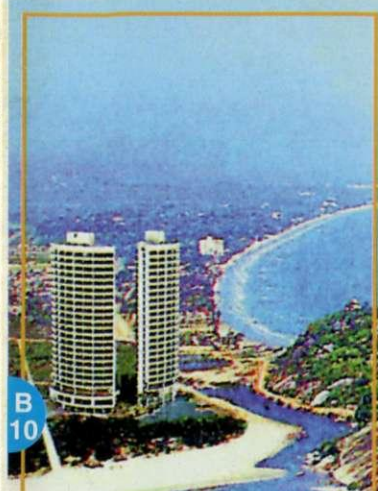
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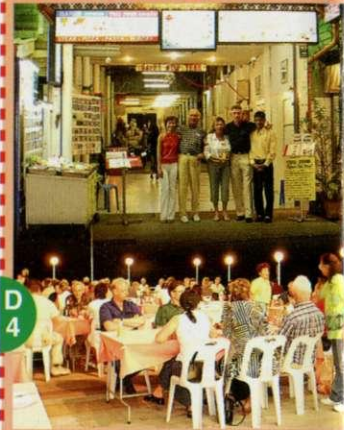
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From P.1 High Spirit of Adventure

only twice, SPF had a real taste of the wilderness. Setting camps in a different location almost every night, they had a very rough physical training with their 6 hours trekking and rock climbing either along the waterways or in the deep jungle. Supported along with the high efficiency of H.A.T's Jungle staff team they learnt a great deal about the survival tips in the jungle.

SPF Officers and Trainees were completely cut off from civilization for almost 15 days. Giving them the ultimate opportunity to experience the jungle thoroughly by trailing away and exploring wonderful places such as Pala U Noi, Phasuk, Phamak, Tamaw Yai, Huay sat Yai, where they had an unforgettable time with the native villagers. To add up to the excitement they also spent 3 full days kayaking on a very challenging journey along the Pranburi River setting camps each night along the waterways around Huay Peung 1 and 2. These guys were so overwhelmed when their training had resumed, having lived in the jungle for 2 weeks, that it created very tight bonds between the H.A.T and the SPF Officers and Trainees and we all together felt a great sense of brotherhood and fulfillment. H.A.T will probably be hosting them on yet another, exciting jungle adventure training, in a very near future. Singaporeans had discovered the great beauty of our national wilderness herit-

From P.1 Shopping

the industry. However, during the last few years ways have been developed to process these strong fibered leaves, into a booming small village industry using local labor and environmentally friendly materials. The end result is the production of a wide range of local handicrafts such as picture frames, cards, containers, books, jewelry boxes. And a variety of processed fruits are a mainstay of business. Souvenir shops can be found in the town, Daymarket at Chatchai Market & Nightmarket at Dechanuchit rd. and Every weekend at Golden Place near King Palace 9.00 till 5 pm.

Shopping guide in Petchaburi



Sweets is a famous souvenir of this province. Examples are Morkang, Arlua and Sampanner (made from flour & sugar), Bah Bin (made from coconut, sugar & flour) Kanom Chan (a layered sweet made flour & sugar), Chaow Tan Chuerm (palm seed in thick syrup). So foy Thong, Thong Yip, Thong Yod. They are essentially confections of egg yolk and syrup, although with different

methods of preparation, remain widely favoured Thai desserts or khamom. Khao Chare, rice served with ice and sweetened meat is a renowned local dish and is popular during the summer season as it cools you down.

Visitors are able to buy these sweets as souvenirs from sweet shops in town (near Khao Wang) and many well-known shop on both sides of Phetkasem road.



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age, it is just about time that we do the same! There is so much to do and to explore in the gorgeous National Park. Anyone could find the program that would fit his / her needs.

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The famous Pala U waterfalls with its 16 steps high, is also a very popular attraction, as you climb your way up to the 3rd and 5th level of the falls you will experience the beauty of the natural pool with its fish. Mountains in this area are breathtaking and if you dare to climb any of them you'll soon find out, that, the whole scenery is really out of this world. Two rivers run through this area and the Park, the Pranburi River and the Phetburi River, they are very suitable for rafting on, either with Kayak or Canoe. Fancy trekking, climbing, trailing, sailing the waterways...in Kaeng Krachan, you will be bound to meet all of your wildest expectations of any kinds, no matter how daring you would need it to be. From one night overnight stay in the jungle to, weeks customized special programs, for the most extreme individual to the cozy family needs.

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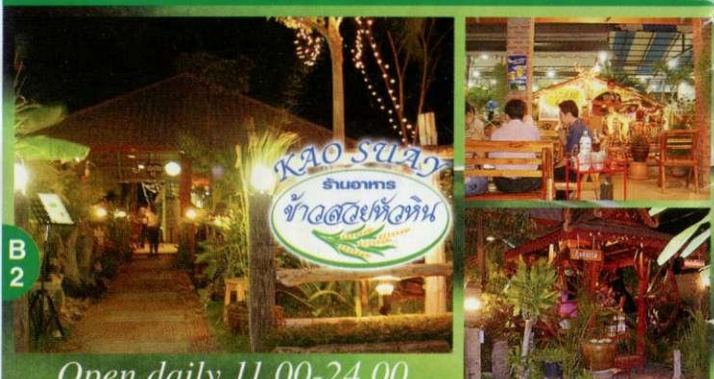
There is only ONE true jungle specialist in town, if you think you'd like to catch that BUG... Well... head straight to www.huahinadventuretour.com to discover a world of challenges and excitements! Or walk straight to their office, you won't regret it, Scout's honor! (See Ad. Page 7)



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